

# Local Area **Guide**

Free

- Recreation Trails • Area History • Parks & Rec. Info
- Local Attractions • Residential Services
- Hunting & Fishing Seasons
- DNR License Centers
- Local Events



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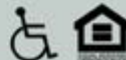
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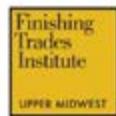
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Lewis & Clark County

Silver Bow County

Deer Lodge County

Scan the QR Codes to go to the individual county pages.



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# LOCAL AREA EVENTS

## JANUARY

Suicide Remembrance Lantern Lighting | Butte  
Ales for Charity Night: Lewis & Clark Taproom  
(weekly) | Helena  
Festival of the Winter Moon | Anaconda  
Martin Luther King Jr. Film Festival | Helena  
SnoFlinga Winter Festival | Butte  
SouthWestern Polar Plunge | Butte  
Chinese New Year Celebration & Parade | Butte  
St. Peters Hospital - Gala: Life's a Party | Helena

## FEBRUARY

"Race to the Sky" Sled Dog Race | Butte  
Feb Fest | Helena  
Wulfman's Frigid Digger Run | Butte  
Montana Wild Sheep Friday Night Party | Butte  
Backcountry Film Festival | Butte

## MARCH

Annual Blood Drive & Food Drive | Butte  
Annual St. Patrick's Race | Anaconda  
St. Urho's Day | Butte  
St. Patrick's Day Events & Parade | Butte  
Made in Montana Trade Show | Helena

## APRIL

Jordan World Circus | Butte  
Annual Helena Railroad Fair  
Arbor Day Celebration | Butte  
Annual Spring Art & Craft Show | Helena  
Spring Fling 5k | Butte  
Lewis & Clark Spring Fest | Helena

## MAY

Uptown Butte Art Walk (May-September) | Butte  
KXLF TV MayFair & Trade Show | Butte  
Kentucky Derby party | Helena  
Don't Fence Me in Trail Run | Helena  
Free Wildflower Walk on Mount Helena  
Butte Farmers Market (May-Oct)  
Annual Butte Mineral & Gem Show

## JUNE

Governor's Cup Road Race | Helena  
Butte Wings & Wheels | Butte  
Uptown Hoops | Butte  
Dust to Dazzle Renovation Home Tour | Butte  
Blast from the Past Car Show & Drag Races | Helena  
Helena Outdoor Triathlon

## JULY

4th of July Freedom Festival & Parade | Butte  
Fireworks at Dusk at Washoe Park | Anaconda  
East Helena Rodeo & Parade  
Cardboard Cup Regatta | Helena  
Montana Chamber Music Society Concert | Anaconda  
Montana Folk Festival | Butte  
Art in Washoe Park | Anaconda  
Symphony Under the Stars | Helena  
Chalk Up Helena!  
Butte 100 Mountain Bike Races | Butte  
Last Chance Stampede & Fair | Helena  
Montana Lineman's Rodeo | Butte  
Goosetown Softball Tournament | Anaconda  
Butte-Silver Bow County Fair

## AUGUST

Smeltermans Day | Anaconda  
York 38 Special (Sat. June-Aug) | Helena  
An Rí Rá MT Irish Festival | Butte  
Montana Clean Energy Fair | Butte  
Serbian Festival | Butte

## SEPTEMBER

Great Divide Orchid Society Show & Sale | Helena  
Fall Festival | Helena  
Last Chance Community Pow-Wow | Helena  
Demolition Derby | Butte  
September Fest & Soap Box Derby | Helena  
Suicide & MMIR Awareness Walk | Butte  
Mountain View Cemetery Walk | Butte  
Covellite International Film Festival | Butte  
Rotary Fun Run | Anaconda

## OCTOBER

Oktoberfest | Anaconda  
Kids' Fall Festival | Helena  
Annual Autumn Art & Craft Show | Helena  
Just for the Helena of It  
4-H Open House | Helena  
Zombie Trot | Butte  
Fall Family Fun Day | Butte  
Fall Bazaar at Vigilante Rodeo Grounds | Butte

## NOVEMBER

Fall Art Walk | Helena  
Christmas Stroll | Anaconda  
Turkey Trot | Butte  
Holiday Extravaganza Craft Show & Silent Auction | Helena  
Upcountry Vintage Market | Helena  
Helena's Festival of Trees (Nov-Dec)

## DECEMBER

Lake Helena Christmas Light Show  
Helena Holiday MADE fair | Helena

*\*For more information on events throughout  
Helena, Butte & Anaconda, visit:  
<http://visitmt.com>.*

*\*Events are subject to change.*



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Animal Control .....	(406) 447-8235
Chamber of Commerce .....	442-4120
Clerk & Recorder .....	447-8327
Clerk of Court .....	447-8216
County Attorney .....	447-8221
County Jail .....	447-8232
Extension Service .....	447-8346
Fire Department .....	447-8472
Library .....	447-1690
Parks & Recreation .....	447-8463
Police .....	442-3233
Public Health .....	457-8900
Public Works .....	447-8036
St. Peter's Hospital .....	442-2480
Superintendent of Schools .....	324-2001
Treasurer .....	447-8326
Water & Utilities .....	447-8450
Veterans Affairs.....	324-3742
Emergency management.....	447-8285

**BUTTE**

Animal Control .....	(406) 497-6527
Assessor .....	497-6290
Chamber of Commerce .....	723-3177
Detention Center .....	497-1040
Clerk & Recorder .....	497-6335
Clerk of Court .....	497-6350
County Attorney .....	497-6230
Extension Service .....	723-0217
Fire Department .....	497-6481
Library .....	723-3361
Parks & Recreation .....	497-6565
Police .....	497-1120
Public Health .....	497-5020
Public Works .....	497-6515
St. James Hospital .....	723-2500
Superintendent of Schools/School Dist #1 .....	497-6217
Treasurer .....	497-6310
Water & Utilities .....	497-6540
Veterans Affairs .....	533-0910
Emergency management.....	497-6295

**ANACONDA**

Animal Control .....	(406) 563-4070
Chamber of Commerce .....	563-2400
Clerk & Recorder .....	563-4060
Clerk of Court .....	563-4040
Community Hospital of Anaconda .....	563-8500
County Attorney .....	563-4019
Detention Center .....	563-5241
Disaster & Emergency Services .....	563-4000
Extension Service .....	563-4036
Fire Department .....	563-2164
Hearst Free Library .....	563-6932
Parks & Recreation .....	560-7287
Police .....	563-5241
Public Health .....	563-7863
Public Works .....	563-4072
Superintendent of Schools/School Dist #10 .....	563-6361
Treasurer .....	563-4051
Water .....	563-7111
Veterans Affairs .....	493-3000



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# HISTORY OF HELENA



*H*elena, was established by four gold miners, known as the “Four Georgians” in 1864. The group coined the area “Last Chance Gulch” and the prospect of instant wealth attracted many settlers to the area in hopes of striking it rich. Mining camps were established and the community was renamed Helena. The area was surveyed by Captain John Wood in 1865 and streets were platted along the paths of the local miners. Helena was selected as the capital of Montana Territory in 1875 and businesses were established to meet the growing needs of the community. By 1883 railroad development sparked growth and Helena was recognized as a transportation hub due to the many rail lines located in the area. Known as “the Queen of the Rockies,” Helena continued to boom. As neighboring Anaconda began to compete with Helena for the State Capital, Helena secured the position due to its central location and was also selected as county seat for Lewis and Clark County. The area boasted enormous wealth from profitable mining and mansions decorated the city.

As mining began to decline, Helena’s economy became based on tourism. The Continental Divide, Missouri River and picturesque scenery now attract many avid recreational enthusiasts. The area also houses the Montana State Capitol, Civic Center, Saint Helena Cathedral and many educational institutions. It has become an area rich in history and natural beauty, attracting a variety of visitors and residents each year. Today, Helena is home to approximately 33,120 residents.

**\*Fun Fact: In 1888 Helena housed more millionaires per capita than any other city in the world.**

# HISTORY OF BUTTE



*B*utte was settled by miners in 1864, as silver and gold were discovered. The wealth of resources attracted many new residents and the mining camps were organized into a community. By the 1880s, businesses were established and the area became famous for its red-light district. Butte was selected as the county seat for Butte-Silver Bow County and the community continued to thrive. Its population soared and the discovery of electricity created a large demand for copper. Copper mines were established and Butte became one of the most prosperous cities in the country. The area continued to develop and the Anaconda Mining Company was founded which, at the time, was the largest company in Montana. The area was recognized as “the Richest Hill on Earth” and attracted immigrants from all over the world.

In 1955, the Berkeley Pit was opened, and was the largest open pit mine at the time. The mine was closed in 1982 and declared an environmentally hazardous site, yet is now one of the largest tourist attractions in the area. As mining began to decline, Butte’s economy shifted towards tourism with thousands of historical buildings on display. The community is widely recognized for its annual Knievel Days and spectacular Independence Day Celebration, attracting visitors and new residents alike. Butte also houses one of the only three speed skating rinks in the country and its proximity to the Continental Divide has made the area popular for recreational enthusiasts. Today, Butte is home to approximately 34,494 residents.

**\*Fun Fact: Charlie Chaplin performed in Butte’s Red Light District early in his career.**



Anaconda was founded in 1882 by Marcus Daly who was known as one of the “Copper Kings” at the time. Daly selected the site of Anaconda due to its ample limestone and water required for smelting copper ore and established the Anaconda Mine. The community was to be recognized as Copperopolis, but the name Anaconda was chosen to avoid postal confusion with an already established Copperopolis in Meagher County. Daly built the Anaconda Smelter Stack in 1918, then known as the Washoe Smelter, the tallest freestanding structure in the world, and Anaconda began to thrive as mining operations fueled its economy. Businesses were established to meet the growing needs of the community and new residents arrived to work in the mines. The population of Anaconda began to boom and in 1891 the community battled Helena for the state capitol and lost, but was selected as the county seat of Deer Lodge County.

Mining operations came to a halt in 1980 as the smelter was closed and its economy began to shift towards tourism. Anaconda is now home to several notable sites including the Washoe Theater, built in 1931, one of the best preserved public theaters in the country and recognized on the National Register of Historic Places. Many efforts have been put forth to preserve the area’s rich history and celebrate the natural beauty found nearby, making it an ideal place to live and visit. Today, Anaconda is home to approximately 9,421 residents.

**\*Fun Fact: Actress Lucille Ball spent some of her early childhood in Anaconda.**

# Did You Know..?

- The small committee that named the city of Helena humored one committee member’s idea of naming it after a Minnesota town. The name of a township in Scott County, Minnesota, was accepted, but the Minnesotan pronunciation (hel-LEE-nuh) was disputed, and twenty years later, the Arkansas pronunciation (HEL-un-nuh) became unanimous.
- In 1805, William Clark of the Lewis and Clark expedition, stepped on seventeen cactus needles and named the nearby creek and valley Prickly Pear.
- After a long and fruitless search for gold, the “Four Georgians” came to Last Chance Gulch, which they named after their sentiment: if it didn’t yield gold, they would leave the area. According to legend, the first shovelful of dirt contained twenty dollars worth of gold.
- Helena’s original streets wind unpredictably and vary in shape and size because they were plotted by competing prospectors during their search for gold.
- About three and a half billion dollars of gold were taken from Last Chance Gulch over a twenty year period.
- Liz Claiborne (fashion designer), L. Ron Hubbard (author and Scientology founder), and Isaac Brock (lead singer of Modest Mouse), were born in Helena.
- “Butte” comes from a French word meaning “small hill.” In the American West, it signifies a massive hill with steep sides and a narrow top. Butte, Montana is known as “The Richest Hill on Earth.”
- Butte had a population of twenty four thousand people in 1890 and for generations was one of the largest settlements west of the Mississippi River.
- Butte’s copper mining industry took off after the invention of electricity and the telephone, as copper has the highest electrical conductivity of any non-precious metal. One third of all the world’s copper came from Butte in the early twentieth century.
- Butte’s mining industry attracted workers from around the world, and popularized foreign-inspired foods like pasties, pork chop sandwiches, povitica (Slavic nut bread), and lefse (Scandinavian potato crepes).
- The strength of Butte’s mining unions earned it the nickname “The Gibraltar of Unionism.”
- Robbie Knievel, motorcycle daredevil and son of Evel Knievel, was born in Butte.

# MUST SEE SIGHTS

## Mining History

Helena, which yielded three and a half million dollars worth of gold, and Butte, nicknamed "The Richest Hill on Earth," are both historic mining towns. Butte's World Mining Museum invites you to experience a taste of early Montana life at a re-created 1890's mining town called Hell Roarin' Gulch. Explore the mining town, journey down to an underground exhibit, see mining equipment and some of the minerals they yielded, and more at this incredible museum.

- The Montana Historical Society Museum, Montana's Museum, presents exhibits about Montana life throughout history (including re-created rooms and original artifacts), Native nations and European settlers, paintings by Charles M. Russell ("Montana's Cowboy Artist"), and more. The richness of Montana's history is well-reflected here!

- The Mai Wah Museum chronicles the lives of Butte's Chinese immigrants, who made up ten percent of the city's population in 1870. The Wah Chong Tai Company and neighboring Mai Wah Noodles & Chop Suey Building, built in 1899 and 1909, respectively, are enduring testaments to Butte's once thriving Chinatown. Thousands of artifacts from a Chinese and Japanese general store, Chinese restaurants, and more, along with interpretive texts, historical background, and photos, can be viewed at this gem of a museum.

## Art and Architecture

The Montana State Capitol building's dome is beautiful both inside and out. Its interior is filled with bright, intricate paintings illuminated by lofty windows, and its copper exterior is topped with a statue of Lady Liberty. Tour the capitol to see paintings of Montana landscapes and heroes and learn more about the building's architecture and Montana government and history.

The Cathedral of Saint Helena, built in 1905, is a monumental Gothic cathedral based on the Votivkirche Cathedral in Vienna. The cathedral's exterior looks like a picture from a European fairy tale, and its stained glass windows are some of the finest ever produced by their Bavarian manufacturer.

## Nature

Climb to the top of Mount Helena for the best view of Montana's historic capitol and the mountainous Helena National Forest.



# WORD SEARCH



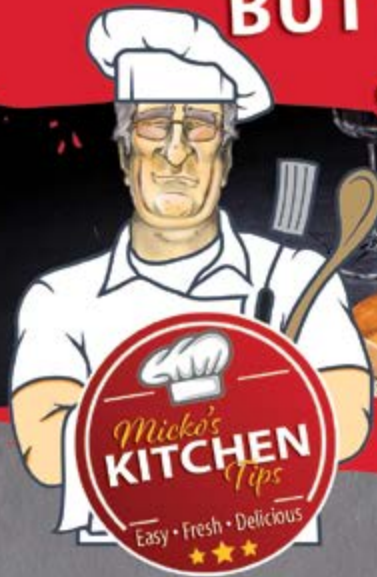
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# BUTTERED-UP

## Steak



Simple meal with a Gourmet Feel

### INGREDIENTS

2 steaks (ribeye or sirloin are good choices)

Salt and pepper

2 tablespoons unsalted butter

2 cloves garlic, minced

Fresh herbs (optional)

### INSTRUCTIONS

**1** Take the steaks out of the refrigerator and let them come to room temperature for about 30 minutes. This helps the steak cook more evenly.

**2** Preheat your oven to 400°F.

**3** Season the steaks generously with salt and pepper on both sides.

**4** Heat a large skillet over high heat until very hot. Add the steaks and cook for about 2-3 minutes per side, until nicely browned.

**5** Remove the steaks from the skillet and place them on a baking sheet.

**6** In the same skillet, add the butter and garlic. Cook for about 30 seconds, stirring constantly, until the garlic is fragrant.

**7** Pour the garlic butter over the steaks on the baking sheet.

**8** Place the baking sheet in the oven and cook for about 5-7 minutes for medium-rare doneness, or longer if you prefer your steak more well-done.

**9** Remove the steaks from the oven and let them rest for a few minutes before slicing.

**10** Serve the steak with any remaining butter from the baking sheet and fresh herbs if desired.

# Barbecue



### BARBECUE DO'S:

- use proper barbecue equipment and tools, such as a grill, tongs, and spatulas.
- preheat your grill before placing any food on it.
- marinate your meat before cooking to enhance the flavor.
- keep a close eye on your food while grilling to prevent overcooking or burning.
- use a meat thermometer to ensure that your meat is cooked to the correct internal temperature.
- let your meat rest for a few minutes before slicing or serving to allow the juices to redistribute.
- keep your grill and utensils clean to prevent any foodborne illness.

### BARBECUE DON'TS:

- use lighter fluid to start your grill. Instead, use a chimney starter or electric starter.
- overcrowd your grill. Leave enough space between the pieces of meat to ensure even cooking.
- use a fork to flip your meat. Piercing the meat can cause it to lose its juices and become dry.
- baste your meat with sugary sauces too early in the cooking process, as it can burn and create a bitter taste.
- leave cooked meat out in the sun for too long, as it can spoil quickly.
- assume that meat is fully cooked by its color. Always use a meat thermometer to check the internal temperature.
- leave your grill unattended while it's still hot. Always make sure to properly cool it down before leaving it.



Enjoy your delicious buttered-up steak!

PREP: 35 MIN • TOTAL: 50 MIN

## **ANACONDA SMOKE STACK STATE PARK**

100 Anaconda Smelter Rd. | Anaconda | (406) 287-3541

Located on 12 acres, Anaconda Smoke Stack State Park features the old Anaconda Copper Company smelter stack which was completed in 1919 and is one of the tallest free-standing brick structures in the world.

## **BEAVERHEAD-DEERLodge NATIONAL FOREST**

420 Barrett St. | Dillon | (406) 683-3900

Located on over 3.35 million acres and spanning eight counties, the Beaverhead-Deerlodge National Forest features campgrounds, cabin rentals, fishing opportunities, swimming beaches, boat launches, picnic areas, recreational trails and hunting areas. Camping rates, cabin rentals and entrance fees vary between sites.

## **BLACK SANDY STATE PARK**

6563 Hauser Dam Rd. | Helena | (855) 922-6768

Located on 43 acres near Hauser Lake, Black Sandy State Park features a campground, salmon and trout fishing opportunities, swimming beach, boat launch, picnic areas, recreational trails and interpretive displays. Day use rates are \$6 per non-resident vehicle; \$4 per non-resident walk/bike in.

## **ELKHORN STATE PARK**

812 Elkhorn St. | Boulder | (406) 577-7894

Located on one acre near Boulder, the Elkhorn State Park features historical buildings commemorating the mining town of Elkhorn, picnic areas and recreational trails.

## **GRANITE GHOST TOWN STATE PARK**

Philipsburg | (406) 287-3541

Located on one acre, Granite Ghost Town State Park features the remains of an 1890s mining camp, recreational trails and picnic areas.

## **HELENA NATIONAL FOREST**

Helena | (406) 449-5201

Located on almost one million acres, the Helena National Forest features campgrounds, cabin rentals, fishing opportunities, boat launches, picnic areas and recreational trails. Camping rates, cabin rentals and entrance fees vary between sites.

## **LOST CREEK STATE PARK**

5750 Lost Creek Rd. | Anaconda | (406) 224-0833

Located on 502 acres, Lost Creek State Park features a campground, fishing opportunities, picnic areas, recreational trails and is a popular area for viewing mountain goats and bighorn sheep.

## **SPRING MEADOW LAKE STATE PARK**

2715 Country Club Ave. | Helena | (406) 495-3270

Located on 61 acres, Spring Meadow Lake State Park features fishing opportunities, swimming beach, picnic areas, recreational trails and is a popular area for scuba diving and bird watching. Day use rates are \$6 per non-resident vehicle; \$4 per non-resident walk/bike in.

*\*For more information on parks throughout Helena, Butte and Anaconda, contact the Montana Fish, Wildlife and Parks Department by calling: (406) 444-2535 or visit online: <http://fwp.mt.gov>.*



## Closing up the cabin

### **Some Common Things To Check Inside The Cabin**

- Make sure the water and electric are set up for winter
- Set the thermostat to the correct temperature for the area
- If you don't heat in the winter and live in a cold area, drain the pipes
- Turn off the hot water heater
- Winterize appliances that use water
- Clean the furnace filter
- Inspect the sump pump
- Unplug computers and major appliances (Leave the door cracked on the refrigerator if you unplug it)
- Seal your linens in a container
- Remove perishable food
- Close dampers and seal the fireplace

### **Some Common Things To Check Outside The Cabin**

- Look for air leaks around the cabin and seal with caulk or insulation
- Insulate pipes in crawl spaces with heat tape or heat cables
- Open cabinet doors so heat can get to the pipes under the sink
- Clean and store boats and equipment
- Winterize gas-powered equipment
- Remove leaves and debris around the cabin
- Store lawn furniture and decorations
- Mow
- Clean gutters and inspect roof
- Drain hoses and sprinklers
- Inspect your septic tank
- Take the dock in



**ANACONDA RAILROAD & MINING MUSEUM**

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**ARCHIE BRAY FOUNDATION**

2915 Country Club Ave. | Helena | (406) 443-3502

**BUTTE COMMUNITY ICE CENTER**

1700 Wall St. | Butte | (406) 782-2901

**BUTTE-SILVER BOW COUNTY COURTHOUSE**

155 W. Granite St. | Butte | (406) 497-6200

**CATHEDRAL OF SAINT HELENA**

530 North Ewing Street, Helena | (406) 442-5825

**COPPER KING MANSION**

219 W. Granite St. | Butte | (406) 782-7580

**COPPER VILLAGE MUSEUM & ARTS CENTER**

401 E. Commercial Ave. | Anaconda | (406) 563-2422

**DISCOVERY SKI AREA**

180 Discovery Basin Rd. | Philipsburg | (406) 563-2184

**DUMAS BROTHEL MUSEUM**

45 E. Mercury St. | Butte | (406) 351-9922

**EXPLORATIONWORKS - SCIENCE MUSEUM**

995 Carousel Way | Helena | (406) 457-1800

**FAIRMONT HOT SPRINGS RESORT**

1500 Fairmont Rd. | Anaconda | (406) 797-3241

**GATES OF THE MOUNTAINS**

3131 Gates of the Mountains Rd. | Helena | (406) 458-5241

**GHOST ART GALLERY**

21 S. Last Chance Gulch | Helena | (406) 443-4536

**GOOSE TOWN GOLFLAND PUTT & PITCH**

909 E. Front St. | Anaconda | (406) 563-7878

**GRANDSTREET THEATRE**

325 N. Park St. | Helena | (406) 442-4270

**GREAT DIVIDE SKI AREA**

7385 Belmont Drive, Marysville | (406) 449-3746

**HELENA SYMPHONY**

21 S. Last Chance Gulch | Helena | (406) 442-1860

**HISTORIC WASHOE THEATRE**

305 Main St. | Anaconda | (406) 563-6161

**HISTORIC CLARK CHATEAU MUSEUM & GALLERY**

321 W. Broadway St. | Butte | (406) 565-5600

**HOLTER MUSEUM OF ART**

12 E. Lawrence St. | Helena | (406) 442-6400

**LAST CHANCE RANCH**

2884 Grizzly Gulch | Helena | (406) 442-2884

**LEWIS & CLARK CAVERNS STATE PARK**

25 Lewis & Clark Caverns Rd. | Whitehall | (406) 287-3541

**LOST CREEK RACEWAY**

595 Galen Rd. | Anaconda | (406) 491-0403

**MAI WAH MUSEUM**

17 W. Mercury St. | Butte | (406) 723-3231

**MINERAL MUSEUM**

1300 W. Park St. | Butte | (406) 496-4414

**MONTANA HISTORICAL SOCIETY MUSEUM**

225 N. Roberts St. | Helena | (406) 444-2694

**MOTHER LODE THEATER**

316 W. Park St. | Butte | (406) 723-3602

**MOUNTAIN SAGE GALLERY**

433 N Last Chance Gulch | Helena | (406) 457-8240

**MYRNA LOY CENTER**

15 N. Ewing St. | Helena | (406) 443-0287

**MOUNT HELENA CITY PARK**

46° 35' 23' N, 112° 3' 31' W | (406)-442-4120

**ORIGINAL GOVERNOR'S MANSION**

304 N. Ewing | Helena | (406) 444-4789

**OUR LADY OF THE ROCKIES**

3100 Harrison Ave. | Butte | (406) 782-1221

**PICCADILLY MUSEUM OF TRANSPORTATION**

20 W. Broadway St. | Butte | (406) 723-3034

**REEDER'S ALLEY**

101 Reeder's Alley | Helena | (406) 483-5247

**WORLD MUSEUM OF MINING**

155 Museum Way | Butte | (406) 723-7211

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406-723-3225 • copperridgehc.com • 3251 Nettie St. • Butte, MT

## DISC GOLF

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also an inexpensive sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.

# MONTANA HUNTING SEASONS

Hunting Seasons: Courtesy of the Montana Department of Fish, Wildlife, & Parks'  
**Website:** <http://fwp.mt.gov/hunting/seasons/>

*These dates are provided only as a general reference. Check current regulations for specific dates at: <http://fwp.mt.gov>*

## MT HUNTING SEASONS, 2023

### Montana Antelope Seasons

900 series: Aug. 15 - Nov. 12  
Archery: Sept. 2 - Oct. 6  
General: Oct. 7 - Nov. 12

### Montana Bighorn Sheep Seasons

Archery: Sept. 2 - Sept. 14  
General: Sept. 15 - Nov. 26

### Montana Black Bear Seasons

Spring: Apr. 15 - May 31 or June 15  
Spring Hound Hunting: Apr. 15 - May 25  
Spring Hound Training: June 1 - June 15  
Archery: Sept. 2 - Sept. 14  
Fall: Sept. 15 - Nov. 26

### Montana Deer & Elk Seasons

Archery: Sept. 2 - Oct. 15  
Youth, deer only: Oct. 19 - Oct. 20  
General: Oct. 21 - Nov. 26  
Shoulder seasons: Aug. 15 - Feb. 15, varying dates before and/or after the archery and general seasons  
Muzzleloader: Dec. 9 - 17  
Backcountry - HD's 150, 280, 316\*  
Archery: Sept. 3 - Sept. 14  
General: Sept. 15 - Nov. 27  
\*HD 316 does not have an Archery-only Season

### Montana Bison Seasons

Nov. 15 - Feb. 15, 2024

### Moose

Sept. 15 - Nov. 26

### Mountain Goat

Sept. 15 - Nov. 26

### Mountain Lion

Archery (without dogs): Sept. 3 - Oct. 16  
Fall (without dogs): Oct. 22 - Nov. 27  
Winter: Dec. 1 - April 14  
Resident Hound Training Season: Dec. 2 - April 14

### Upland Game Birds Seasons

Mountain Grouse: Sept. 1 - Jan. 1  
Partridge: Sept. 1 - Jan. 1 (except for portion of Carbon County, where it is Sept. 1 - Jan. 10)  
Ring-necked Pheasant: Oct. 7 - Jan. 1  
Youth Hunt: Sept. 23 - Sept. 24  
Sage Grouse: Sept. 1 - Sept. 30  
Sharp-tailed Grouse: Sept. 1 - Jan. 1  
Falconry: Sept. 1 - March 31

### Turkey

Spring: April 15 - May 31  
Fall: Sept. 1 - Jan. 1

### Furbearer Seasons

*For general reference only. 2022 dates adopted in August, 2022.*

#### Trapping Districts 1, 2 & 3

Beaver Nov 1–April 15, 2023  
Bobcat Dec 1–Feb 15, 2023\*

#### Trapping Districts 4, 5, 6 & 7

Beaver Sept 1–May 31, 2023  
Bobcat Dec 1–Mar 1, 2023\*

#### Portion of Trapping District 6

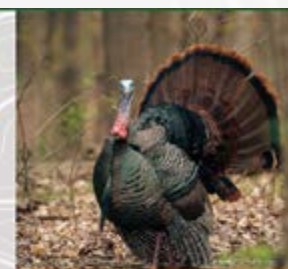
Swift Fox Nov 1–Mar 1, 2023\*  
Fisher, Marten, Wolverine (where open) Dec 1–Feb 15, 23\*  
Mink, Muskrat, Otter Nov 1–April 15, 2023\*

*\*May close earlier when the quota is reached.*

*\*Check the MT FWP website for updates. <https://fwp.mt.gov/> or scan the QR code*



**SAFETY FIRST:** Treat every firearm as if it's loaded and always point the muzzle in a safe direction. Wear appropriate protective gear. Be aware of your surroundings and the location of fellow hunters.  
**KNOW YOUR GAME & REGULATIONS:** Familiarize with the species you're hunting, their habitats, behaviors, and migration patterns. Research and adhere to all local, state, and federal hunting regulations.  
**PRACTICE SHOOTING SKILLS:** This will improve your accuracy and confidence. Work on different shooting positions, target tracking, and quick shots.  
**SCOUTING & HABITAT KNOWLEDGE:** Scout potential hunting areas before the season to identify their habitats, feeding grounds, and roosting sites.  
**USE PROPER GEAR & TECHNIQUES:** Choose hunting gear specific to the species you're targeting. Research and practice hunting techniques, such as camouflage, concealment, calling and understand wind direction.



Remember that ethical hunting practices, respect for wildlife, and safety should always be paramount while participating in any hunting activity. Additionally, always make sure to follow local hunting guidelines and regulations to protect the environment and wildlife populations.  
**HAPPY HUNTING!**



You can purchase hunting and fishing licenses and snowmobile trail stickers through the Electronic License System. Online, <http://fwp.mt.gov>, By Phone (406) 444-2535 or visit one of the ALS agents available throughout Helena, Butte & Anaconda:

## **ANACONDA**

### **HARDWARE HANK**

216 Park Ave. | Anaconda | (406) 563-7851

### **THRIFTWAY SUPER STOPS**

2035 W. Park Ave. | Anaconda | (406) 563-2410

## **BUTTE**

### **BOB WARD & SON'S**

1925 Dewey Blvd. | Butte | (406) 494-3445

### **CENEX ZIP TRIP #72**

2801 Harrison Po Box 3839 | Butte | (406) 494-2558

### **FISH, WILDLIFE & PARKS - BARO**

1820 Meadowlark Lane | Butte | (406) 494-1953

### **THE STONEFLY FLY SHOP**

2205 Amherst Ave. | Butte | (406) 494-0707

### **THREE BEARS ALASKA, INC.**

45 Three Bears Dr. | Butte | (406) 494-7547

### **WALMART SUPERCENTER #1901**

3901 Harrison Ave. | Butte | (406) 494-1420

## **HELENA**

### **BOB WARDS & SONS**

3323 Dredge Dr. | Helena | (406) 443-2138

### **BOB'S VALLEY SERVICE**

7507 N. Montana Ave. | Helena | (406) 458-5140

### **CAPITAL SPORTS & WESTERN**

1092 Helena Ave. | Helena | (406) 443-2978

### **CROSS CURRENTS**

326 N. Jackson St. | Helena | (406) 449-2292

### **FISH, WILDLIFE & PARKS - HARO**

930 W. Custer Ave. | Helena | (406) 495-3260

### **FWP - MONTANA FISH WILDLIFE & PARKS**

1420 E. 6th Ave. | Helena | (406) 444-2535

### **KIM'S MARINA & RESORT**

8015 Canyon Ferry Rd. | Helena | (406) 475-3723

### **MONTANA FLY GOODS**

3180 Dredge Dr. Ste. A | Helena | (406) 442-2630

### **SOUTH'S COUNTRY STORE**

3105 York Rd. | Helena | (406) 227-5757

### **SPORTSMAN'S WAREHOUSE**

2990 N. Sanders St. | Helena | (406) 457-7200

### **WALMART #1872**

2750 Prospect Ave. | Helena | (406) 443-3220

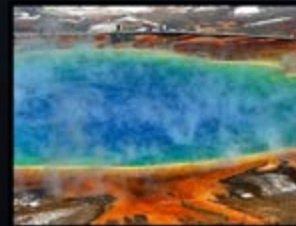


The Berkeley Pit in Butte was excavated for copper from 1955 until its closing on Earth Day, 1982. Approximately 1 billion tons of materials were mined over 27 years, mainly copper.

After closing, the mine slowly filled with water over the years, amounting to 900 cubic feet today. Highly acidic, the water erodes the surrounding rock wall which unleashes acid and has a history of killing any water fowl that attempts to swim there.



Great measures are being taken to detoxify the site, with 2018 seeing construction begin for a water treatment plant. The plant will detoxify 10 million gallons daily, before the tainted water can pollute the local ground water.



\$2 tours are offered June through September, with educational group tours available March through November by appointment. To schedule, email [info@pitwatch.org](mailto:info@pitwatch.org).

**1 MILE LONG  
½ MILE WIDE  
1,780 FEET DEEP**



# FISHING SEASONS & RECORDS

## 2023 Montana Fishing Seasons Lakes & Reservoirs - Open all year Rivers & Streams

• *Western District* - 3rd Sat in May through Nov. 30 unless otherwise specified in Exceptions to Standard Regulations.

• *Central District* - Open all year, unless otherwise specified in Exceptions to Standard Regulations.

• *Eastern District* - Open all year

\*Scan the QR code for more info.



FISH	MONTANA NATIVE	LENGTH (inches)	WEIGHT	SITE	ANGLER	DATE
Arctic Grayling	■	20	3.63 lbs.	Washub Lake	Glenn Owens	8/28/03
Bigmouth Buffalo	■	40.7	57.75 lbs.	Nelson Reservoir	Craig D. Grassef	8/4/94
Black Bullhead		14.37	2.60 lbs.	Smiley Slough	Birrell White	8/20/09
Black Crappie		16.7	3.13 lbs.	Tongue River Reservoir	Al Eiser	1973
Bluegill		11	2.64 lbs.	Peterson's Stock Dam	Brent Fladmo	6/3/83
Blue Sucker	■	34.66	13.29	Marias River	Jason Karls	4/19/19
Brook Trout			9.06 lbs.	Lower Two Medicine Lake	John R. Cook	1940
Brown Trout		37	32.42	Marias River	Robbie Dockter	3/3/21
Bull Trout (Dolly Varden)	■	37	25.63 lbs.		James Hyer	1916
Burbot	■	39	17.06 lbs.	Missouri River Wolf Point	Jeff Eugene Iwen	4/18/89
Channel Catfish	■	38.75	35.18	Colstrip Surge Pond	John D. Smith	7/7/19
Chinook Salmon		38.125	32.05	Fort Peck Reservoir	Greg Haug	8/16/20
Cisco		18.2	2.06 lbs.	Missouri River	Troy Holstein	6/2/14
Creek Chub	■	11.0	.52 lbs.	Harbaugh Bass Pond	William Bibeau	5/12/13
Coho Salmon		25.5	4.88 lbs.	Fort Peck Reservoir Face of Dam	Iven F. Stohl	5/29/73
Common Carp		38	40.2 lbs.	Nelson Reservoir	Jared S. Albus	5/24/96
Cutthroat Trout	■		16 lbs.	Red Eagle Lake	Wm. D. Sands	1955
Emerald Shiner		3.43	0.01 lbs.	Park Grove Bridge	Ike Braaten	6/9/06
Fathead Minnow	■	2.7	0.01 lbs.	Dollar Lake	Chris Gustine	5/30/14
Fathead Chub	■	11.2	0.59 lbs.	Thomton Pond	Douglas Jordan	4/29/01
Freshwater Drum	■	29.5	21.59 lbs.	Fort Peck - Ghost Coulee	Matt Washut	5/3/03
Golden Trout		23.5	5.43 lbs.	Cave Lake	Mike Maloi	7/16/00
Goldeye	■		3.18 lbs.	Nelson Reservoir	Don Nevihy	7/4/00
Green Sunfish		9.0	0.84 lbs.	Hickson's Pond	Bette Schmieding	5/25/09
Kokanee Salmon		26.8	7.85 lbs.	Hauser Lake	John Bomar	9/23/03
Lake Chub	■	3.9	.02 lbs.	Teton River	Joe Hagengruber	8/22/10
Lake Trout		42.5	42.89 lbs.	Flathead Lake	Ruth Barber	8/23/04
Lake Whitefish		27	10.46 lbs.	Flathead Lake	Swan McDonald V	8/26/06
Largemouth Bass		22.5	9.68	Lake Elmo	Brandon Wright	4/24/21
Largescale Sucker	■	23.1	6.16 lbs.	Woodland Pond	Kevin Fraley	8/27/08
Longnose Sucker	■	19.5	4.21	Holter Lake	Austin Wargo	5/17/21
Mottled Sculpin	■		0.05 lbs.	Belt Creek (North of Nahart MT)	Brad Sullivan	7/30/01
Mountain Sucker	■	6.2	1.60 oz.	Beaver Creek Reservoir	Robert Genwood	4/23/01

FISH	MONTANA NATIVE	LENGTH (inches)	WEIGHT	SITE	ANGLER	DATE
Mountain Whitefish	■	23	5.11 lbs.	Hauser Reservoir	Walt Goodman	10/10/07
Northern Pike	■	27.125	7.88 lbs.	Noxon Rapids Reservoir	Darrel Torgrimson	5/28/91
Northern Pike			37.5 lbs.	Tongue River Reservoir	Lance Moyer	1972
Paddlefish	■	77	142.5 lbs.	Missouri River Near Kipp Park	Larry Branstetter	5/20/73
Pallid Sturgeon	■		60 lbs.	Yellowstone River Near Sidney	Gene Sattler	5/13/79
Peamouth	■	16.125	1.52 lbs.	Clark Fork River	Mike Jensen	7/29/07
Pumpkinseed		9.5	0.96 lbs.	Upper Thompson Lake	Nathan Beche	7/30/06
Pygmy Whitefish	■	9.84	0.36 lbs.	Little Bitterroot Lake	Richard Geldrich	2/13/10
Rainbow Smelt		7.1	0.08	Fort Peck Reservoir	Nathan Cooper	2/18/20
Rainbow Trout		38.62	33.1 lbs.	Kootenai River David Thompson Brdg	Jack G. Housel, Jr.	8/1/97
Rainbow-Cutthroat Hybrid Trout		35.75	30.25 lbs.	Ashley Lake	Pat Kelley	5/16/82
Reidside Shiner	■	6.5	0.10 lbs.	Lost Lake	Josh Ahles	8/21/01
River Carpsucker	■	24	6.95 lbs.	Fort Peck Reservoir	Brady Miller	8/15/08
Rock Bass		10.8	1.31 lbs.	Lower Crazy Head Springs Pond	Karson Campbell	4/26/14
Sauger	■	28.2	8.805 lbs.	Fort Peck Reservoir	Gene Moore	12/12/94
Saugeye			15.66 lbs.	Fort Peck Reservoir Squaw Creek	Myron Kibler	1/11/65
Shorthead Redhorse	■	20.25	4.68 lbs.	Marias River Near Loma	Ray Quigley	4/14/85
Shortnose Gar	■	35	7.41 lbs.	Fort Peck Dredge Cuts	Brandon Hansard	5/16/13
Shovelnose Sturgeon	■	39.75	14.125 lbs.	Missouri River	Chad Buck	5/21/10
Smallmouth Bass		22	7.84	Fort Peck Reservoir	Theron Thompson	10/3/20
Smallmouth Buffalo	■	38	38 lbs.	Nelson Reservoir	Brady Miller	4/28/07
Spottail Shiner		3.0	.02 lbs.	Tiber Reservoir	Joe Hagengruber	8/14/10
Stonecat	■	10	0.54 lbs.	Milk River	Dale Bjerga	6/16/96
Tiger Muskellunge		50	38.75 lbs.	Deadmans Basin Reservoir	Leo Cantin	9/2/12
Tiger Trout		20.6	4.04 lbs.	Bear Lake	Joe Sobczak	2/6/97
Utah Chub			1.61 lbs.	Canyon Ferry Reservoir	Eugene Bastian	2/5/92
Walleye		32.25	18.02	Holter Lake	Trevor Johnson	5/10/21
White Bass		17	2.80 lbs.	Missouri River South of Balmville	Vernon Pacovsky	10/13/07
White Crappie		18.5	3.68 lbs.	Tongue River	Gene Bassett	5/10/96
White Sturgeon	■	75	96 lbs.	Kootenai River	Herb Stout	1988
White Sucker	■	21.625	5.33 lbs.	Nelson Reservoir	Fred Perry	2/10/83
Yellow Bullhead	■	15.5	1.91	Tongue River Reservoir	Roberta Legge	12/17/20
Yellow Perch		14.375	2.39 lbs.	Lower Stillwater Lake	Josh Emmart	2/19/06

**Boating safety is critical for anyone who operates a boat or spends time on the water. Here are some general boating safety tips to keep in mind:**

• **Wear a life jacket:** Always wear a life jacket while boating. Make sure the life jacket is appropriate for your weight and is U.S. Coast Guard approved. • **Know the weather:** Check the weather forecast before you go boating and keep an eye on changing conditions. If you notice darkening clouds, rough winds or sudden drops in temperature, get off the water. • **Use navigation aids:** Use navigation aids like buoys and beacons to help you navigate safely. • **Maintain your boat:** Keep your boat well-maintained and in good working condition. Make sure all safety equipment is in good condition and functioning properly. • **Avoid alcohol:** Do not drink alcohol while operating a boat. It is illegal and increases the likelihood of accidents. • **Watch your speed:** Observe speed limits and maintain a safe speed based on conditions. Remember, slower speeds may be necessary in crowded areas or in inclement weather. • **Be aware of other boats:** Watch for other boats and be aware of their movements. Always assume other boaters may not see you. • **Know the rules:** Learn and follow boating safety laws and regulations. This includes rules for navigation, safety equipment, and right-of-way. • **File a float plan:** Always let someone know where you are going and when you plan to return. File a float plan with a trusted person or a marina. • **Take a boating safety course:** Consider taking a boating safety course to improve your skills and knowledge.



**By following these general boating safety tips, you can reduce the likelihood of accidents and enjoy a safe and enjoyable time on the water.**

# YOUR Help is NEEDED!

Do  
**NOT**  
Transport  
Invasive:  
• Fish  
• Invertebrates  
• Aquatic Plants



# CLEAN. DRAIN. DISPOSE.

## KNOW THE LAW! YOU MAY NOT...

- TRANSPORT WATERCRAFT WITHOUT REMOVING THE DRAIN PLUG.
- ARRIVE AT LAKE ACCESS WITH DRAIN PLUG IN PLACE.
- TRANSPORT AQUATIC PLANTS, ZEBRA MUSSELS, OR OTHER PROHIBITED SPECIES ON ANY ROADWAY.
- LAUNCH A WATERCRAFT WITH PROHIBITED SPECIES ATTACHED.
- TRANSPORT WATER FROM LAKES OR RIVERS.
- RELEASE BAIT INTO THE WATER.

# ICE FISHING

*Find the Perfect Spot*



- Trying to figure out where to drill your fishing holes can be tough. A couple ways to make this easier is to buy a map that shows the contour and depth of the lake or look online for a suitable map.

- Before drilling holes, check your map or online for areas with drop-offs, sandbars, mounds of rocks or weed lines. If the first spot you chose to drill holes is not producing any fish, don't sit there and wait. Drill new holes at a new location to find the fish. You may not have to move far, just try new holes at different depths. It's not easy moving all your gear around while drilling holes, but if you want to catch fish you have to find them.

- Early in the ice fishing season, the fish will tend to stay in shallower waters. Later in the season the fish will move to deeper waters. At the end of the season, the fish will start to move into shallower waters again.

- Walleye, sauger and perch tend to hang out near the bottom. Northern pike stay off the bottom while they are in shallow water and stay near the bottom when in deeper waters. Panfish will be at different depths depending on what they are eating. Trout don't sit around: they will be at random depths and areas in the search of food. If you have a fish finder it will make it a lot easier to judge the fish type and depth to set the bait.

# ICE SAFETY GUIDELINES:



## Did you know?

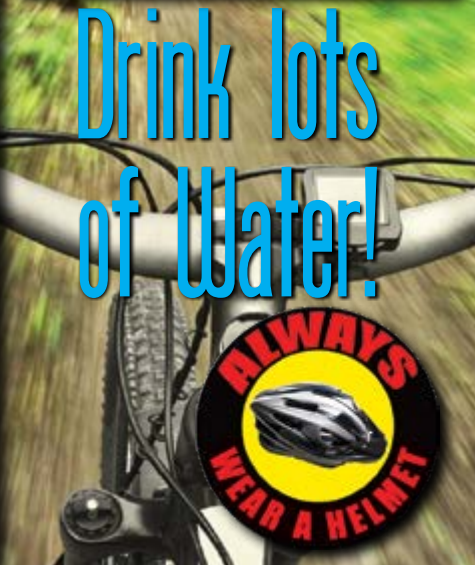
- Ice always forms unevenly. It can be 2 feet thick in one spot, and just a few inches thick a couple feet away.
- The most dangerous ice is formed over flowing water. It's especially dangerous near streams, culverts and bridges. Also, the faster the water is running, usually means the weaker the ice will be.
- Snow insulates the ice and slows the freezing process. The added weight of the snow reduces the strength of the ice. Also, ice that is closer to shore is usually weaker than ice farther out.
- Cracking and rumbling ice isn't always bad. The ice expands and contracts as the temperature rises and falls.
- Fish and birds/wildlife can also effect the ice. Schools of fish can bring warm water from the bottom of lakes, and open holes in seemingly thick ice.
- **ALWAYS BE CAUTIOUS WHEN YOU ARE ON ICE!**





# Be Aware of your Surroundings

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



# Know Your ATV

**Read the owner's manual** and know your vehicle thoroughly. • Check your vehicle before you ride. • Wear protective equipment and clothing. • Don't lend your vehicle to unskilled riders. • Supervise young or inexperienced riders. • Never carry a passenger on vehicles meant for one rider. • Do not operate under the influence of drugs or alcohol. • Drive at speeds that are appropriate to trail conditions. • Stay to the right on trails. • Stay away from thin ice, open water and wetlands • Know the weather forecast. • Make sure headlights and taillights work properly. • Maintain safe distances between other riders. • Reduce your speed when riding at night. • Yield to other motor vehicles and trail users. • Young or beginning riders are encouraged to take a safety training course.

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

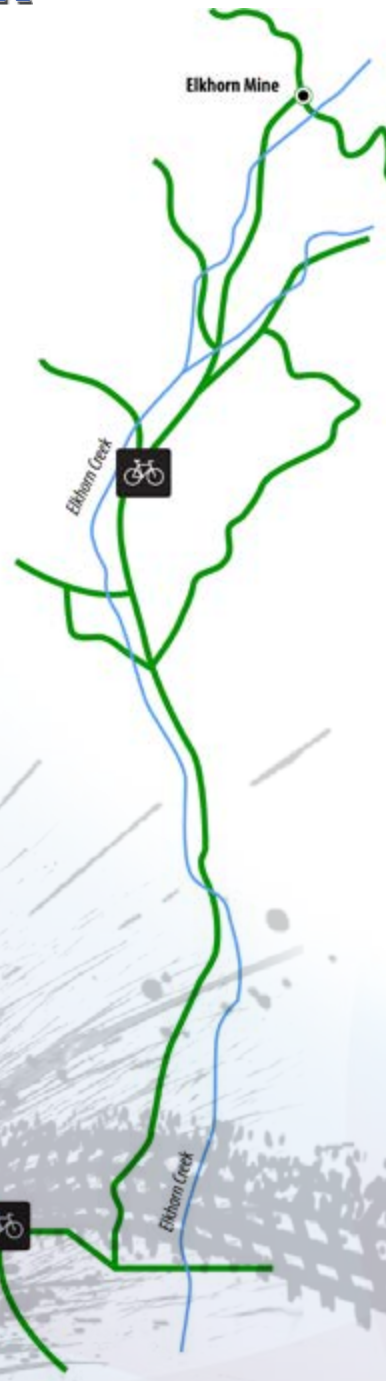
## Snowmobile Hand Signals



**PRIVATE PROPERTY**  
**NO TRESPASSING**

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATVs on county roads or state highways.

## Elkhorn State Park



# SINGLETRACK

## MOUNTAIN BIKING



### **HAVE FUN & BE RESPECTFUL:**

Singletrack mountain biking is an exciting and rewarding activity.

Remember to enjoy the ride, take in the scenery, and respect nature. Stay positive, be patient with yourself as you learn and improve, and have fun exploring new trails and pushing your limits. **EXPERIENCE:** Singletrack trails are often more challenging than regular trails. It's important to have some experience and proficiency on your bike. **TRAIL DIFFICULTY RATING:** Singletrack trails are often graded on their difficulty level, usually using a color-coded system. Start with trails that match your skill level.

**TRAIL ETIQUETTE:** Respect other trail users, yield to uphill riders, and follow any posted signs or guidelines. Don't litter and stay on designated trails. **PROTECTIVE GEAR:** Wear appropriate gear, most important a helmet. Other helpful choices are gloves, knee and elbow pads, and sturdy shoes. **BIKE MAINTENANCE:** Check tire pressure, brakes, gears, and suspension. Carry essential tools, such as a multi-tool, spare tube, and a pump, to handle any minor repairs or adjustments on the trail. **HYDRATION & NUTRITION:**

Singletrack mountain biking can be physically demanding. Carry enough water and pack some energy-rich snacks. **RIDE WITH A BUDDY:** It can make the experience more enjoyable, but it also enhances safety in case of any issues. **TRAIL RESEARCH:** Look for trail maps, reviews, and any relevant information about the area before heading out. **PACE YOURSELF:** Start at a comfortable pace and gradually increase your speed and difficulty level as you gain more experience and confidence.



# Health Benefits of Physical Activity

## Major Research Findings

from the Center for Disease Control and Prevention



- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

### Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a combination of the two activities.

### Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

*Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.*

## Intensity Examples

### Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

### Vigorous Intensity

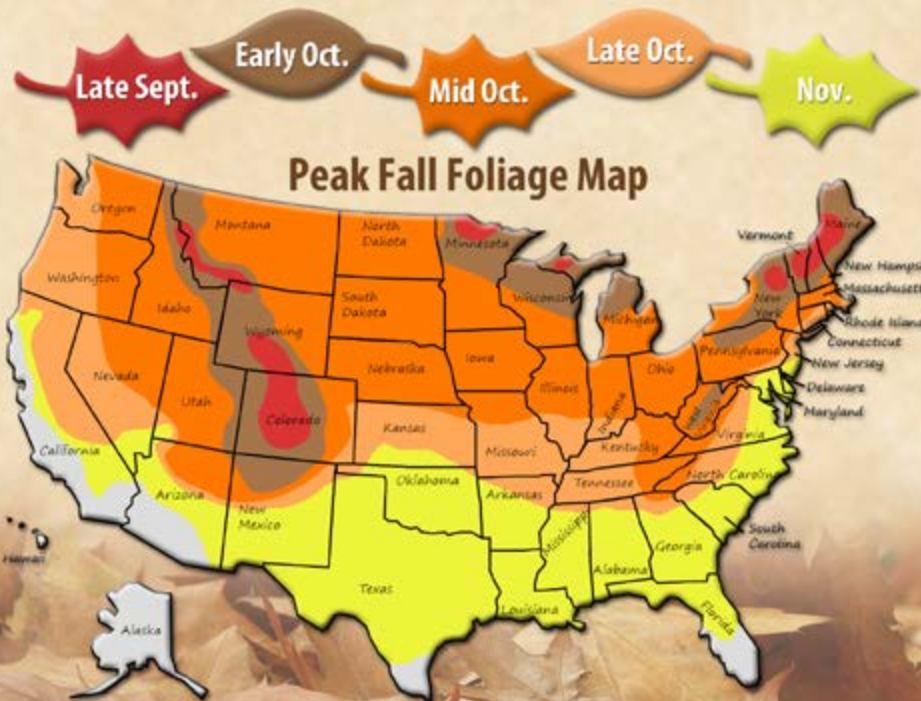
- Race walking, jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10mph or faster
  - Jumping rope
  - Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

# Autumn Foliage



In the spring and summer tree leaves are green, producing nutrients for the tree. The green color comes from cells in the leaves containing chlorophyll. Chlorophyll absorbs sunlight for energy to transform carbon dioxide and water into carbohydrates.

In the fall, shortening days and cooling temperatures makes the leaves stop producing nutrients. The chlorophyll starts to break down and the green color disappears. The different colors of each tree and tree type are due to the mixing of varying amounts of the chlorophyll residue and other pigments in the leaf during the fall season.



## Fall Lawn Care

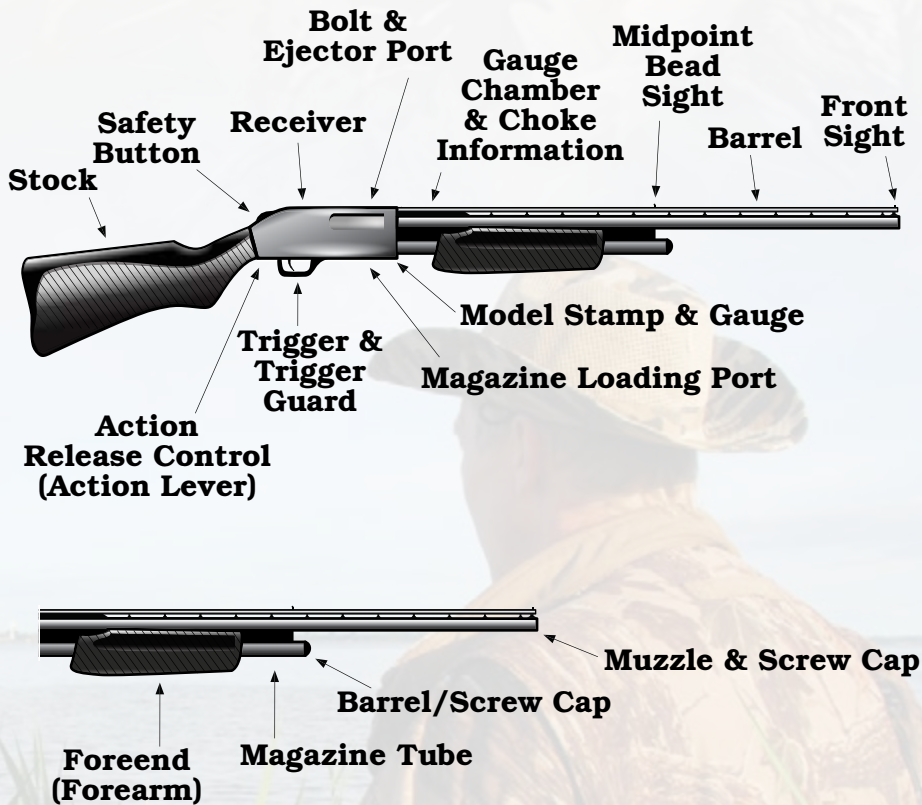


In the fall grass grows fast. This is because the sun's rays are less intense during the day and the cooler temperatures at night. This makes it a great time to get your lawn good and healthy for next summer.

Here are a few things you can do to prep your lawn for next year.

- *Remove the leaves from your lawn to prevent matting and fungi growth. Or mulch them up into fine pieces, which also acts as a natural fertilizer.*
- *Don't stop mowing. If the grass is too long come winter time it will lay over on itself and be more vulnerable to fungi.*
- *Aerate the soil every other year to loosen it up so water, oxygen and nutrients can get to the roots easier.*
- *Reseed bald or thin areas of grass around the yard.*
- *Fertilizing in the fall is the best time. It gives the grass important nutrients to help it stay strong and healthy through the winter.*





*All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.*

**Here are 5 Suggestions for a safe and successful hunting experience:**

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.

# OLD WORKS



Explore Montana's Only Jack Nicklaus Signature Designed Public Golf Course at Old Works.



Old Works Golf Course carries on century old traditions originally set by the smelters who previously called our grounds home. Jack Nicklaus incorporated many of the relics left behind upon the closure of the Upper and Lower Works in this one-of-a-kind Signature Design. With its affordability, spectacular course conditions, unique bunker complexes and our staff's Big Sky hospitality, Old works has built a reputation as one of the most premiere golf experiences in all of the mountain states.